

# Humboldt Unitarian Universalist Fellowship

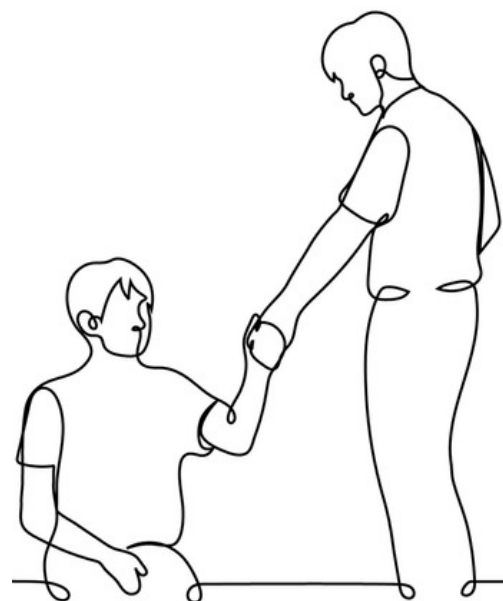


To the Beloved HUUF Community

## What does compassion look like?

When I worked in the coaching realm, I would often tell my clients who were wondering what to do next—“*find someone a little further down the path.*” I would say, put within your sights a vision of someone who is doing what *you* want to do. Someone who’s occupying a space that you want to move toward. Take note of how they’re showing up, what actions they’re taking. Notice how they’re educating and resourcing themselves. What practices, both personal and public, do they regularly engage in? And though another human being can never provide an exact blueprint for our own personal path, they can help us locate our own internal compass, and begin to orient our own work.

This month we sit with the question: *What does compassion look like?* What does it look like to actively feel the pain of another? To hold space for another’s hurt? To remind another, in both word, but also *deed*, in the words of the song See “*Compassion,*” page two



Sunday, November 9, at noon

## Congregation will meet in November to elect officers, change budget and bathroom signs

HUUF members are asked to join a congregational meeting immediately following the Sunday Service on November 9, beginning at noon. The agenda for the meeting will include: 1) confirming Dan Shahin as HUUF Vice President and Corazon Amada as Secretary; 2) reviewing the status of this year’s budget following the Congregation’s approval last April of the 2025/26 budget; 3) modifying the approved budget to include paying unemployment insurance for any employee who is laid off, which represents a change to HUUF’s personnel policies.

The final item for the Congregation to consider will be changing the signage of the two bathrooms in our main building to be more gender neutral. The meeting will begin approximately 15 minutes after a shorter than normal Sunday service, which will begin at its normal time at 11:00 a.m., but will end at approximately 11:45.

Child care will be available during the meeting, as will light snacks.

*Greg Blomstrom, on behalf of the Board of Trustees*

***HUUF Newsletter, October 2025***

## Compassion, from page one

Maggie McKnight so beautifully led during last month's Community Grief Ritual, "You do not carry this all alone!"

I would say those figures are hiding within plain view.

She's the quiet woman in the keffiyeh, writing letters, holding signs, donating some of her modest income to families who are dying of starvation. Taking time to grieve and weep and not look away, and inviting others to do the same.

It's the over-scheduled mother who somehow finds time to be an [ICE rapid responder](#). Types the number into her phone. Screenshots the list of How To's and, in addition to carting her children to soccer, jujitsu, and field trips, stays home and crafts signs with them in vivid crayola reds and blues reminding us that "No human being is illegal on stolen land."

It's the man who reaches out after the last Joys and Sorrows ritual to inquire about the needs of a stranger living with cancer. Asking "*How can I help? Can I offer support in some way?*" And taking the yes with both hands and showing up ready to serve.

Writer Elizabeth Gilbert (who I am hesitant to bring more attention to at the moment, but that's a story for another day) has a dedicated daily practice of sitting down before her journal each day and asking "*What would love have me know?*" Usually this question is self-referential. An invitation to bring ourselves into the circle of compassion once more. This is important and necessary work.

But perhaps the question for us right now, Beloved, would be:

*"What would Love have me **Do?**"*

*What would Compassion prompt me **toward?**"*

Compassion asks us to widen our circles, to gradually build up our window of tolerance to sit with and engage with the pain of the world. To step once more into the breach.

If you're wondering what compassion looks like, I invite you to set an intention this month to be on the lookout for it. To begin to notice how it's moving in the world around you. To take notice of the ordinary world re-makers who tenderly, steadily do Love's work in the world.

And then breathe. Ready yourself.

Then, as the wise teacher once bade us "*Now go and do the same.*"

Yours in grace and gratitude,

*Amy Day, Lay Minister, HUUF*

## Online community care calls with Amy Day

Every first and third Wednesday of the month at noon, our Lay Minister hosts a small group circle via Zoom, designed to help fortify our nervous systems and provide mutual support and care for whomever may need it. This circle is open to all, but particularly designed for those who are:

Dealing with isolation;

Moving through major life challenges or loss;

Looking to reconnect with community;

Looking to expand their toolkit for coping with stress, uncertainty, and change.

Visit HUUF's website for more information or to register: <https://huuf.org/home-2/upcoming-events/engagement/>

# Sunday Services

**Sunday, October 5, 11:00 a.m.**

***The Power and Beauty of the Spoken Word, with Berti Welty***

Throughout history the spoken word has been used to convey life altering concepts. A skilled orator can weave words in such a way that people can be transfixed by their beauty and imagery. Lessons can be taught, insights shared. People hungry for meaningful lives can be changed, and people can be mobilized for good or evil.

In this service we will share abstracts from some of the most noted speeches and from others that are little known. After listening to each, there will be time for silent reflection.

**Sunday, October 12, 11:00 a.m.**

***Queering Fellowship, with Amy Day***

bell hooks (yes, that's how she spelled her name) defined Queer as "not as being about who you're having sex with (that can be a dimension of it); but 'queer' as being about the self that is at odds with everything around it and that has to invent and create and find a place to speak and to thrive and to live." Join Lay Minister Amy Day, fresh back from the Nevertheless She Preached retreat, where she and other female clergy from across the country will have gathered to do the brave and delicate work of re-imagining "ministry, church, and preaching through rest, communal care, and innovative, collaborative learning guided by experienced, visionary leaders." Not to be missed.

**Sunday, October 19, 11:00 a.m.**

***Service on Resistance, with Holli Sinn, Laura Phelan-Shahin, and Corazon Amada***

Join us for an intimate, small-group discussion exploring the spiritual dimensions of political resistance and social action. Drawing from Unitarian Universalist principles of justice, equity, and the inherent worth of all people, this service will create a safe container for examining how our spiritual values call us to engage with systems of oppression and work toward collective liberation.

Through thoughtful dialogue and personal reflection, we'll explore questions such as: How do we maintain hope and spiritual grounding while confronting injustice? What does resistance look like when rooted in love rather than anger? How can we sustain ourselves for long-term activism while honoring our own healing and growth?

This discussion welcomes all perspectives and experiences, whether you're new to activism or a seasoned advocate, as we seek to integrate our spiritual practice with our commitment to creating a more just world.

**Sunday, October 26, 11:00 a.m.**

***Agape Sunday, with Amy Day***

No, you didn't read that wrong. Agape—as in the Greek word for "a profound, unconditional, selfless, and sacrificial love." As in the return of our once monthly community ritual where we roll up our sleeves and get ready to live the promise of "service as our prayer." Together we'll sing, share in centering and intention-setting together, then divide ourselves into small work groups to engage in micro-service projects like making lunches for the unhoused or sending postcards to judges fighting fascism. We'll conclude with a communal feast and celebration.

Please bring a simple potluck item to share.

## Climate Action Campaign

### **Books for local schools, North Country Fair, and Sun Day in Eureka**

First, I want to thank the Rotary Club of Eureka for their \$642 grant to CAC and 350 Humboldt for the purchase of sets of five environmental and climate-themed books for six Eureka school libraries. These books were recently distributed to Alice Birney, Garfield, Grant, Lafayette, South Bay (both elementary and middle), and Washington schools. A list of titles is available if you're interested.

HUUF member Allison Bronkall, who also serves as the librarian at the South Bay schools, wrote "These books are a great way to reach the younger generation with topics of climate concern and hope. Sadly, many of my students have never been to any branch of the Humboldt County Library system, so the books at the school library may be the only choices they have to read on different topics (besides online books, of course.) This library doesn't have any of those titles, so I am very glad to receive them! They cover a variety of environmental topics and I especially like that two books are about young people who are making a difference."

#### **Thank you Sun Day planners and participants**

Sun Day, on September 21, was organized internationally by climate activist and author Bill McKibben to spread the news that solar, wind, and renewably fueled batteries are the cheapest sources of power on Earth. They also lower greenhouse gas emissions, create new jobs, and strengthen our communities.

We want to thank all who attended both the Sun Day rally at Eureka's Carson Park, as well as HUUF members and friends who participated in the All Species Parade on the Arcata Plaza the previous day, spreading the word about renewable power. Thank you, Tiffany Hess and her crew of spirited RE families wearing masks, carrying windsocks and noise makers. They paraded around the Plaza with CAC members Ellen Ryan, Joanna Welch, Paula Levine, and Sue Lee Mossman, carrying sandwich boards and singing with the Raging Grannies and 350 Humboldt members. Thanks also to Ann Kilby, Chip Sharpe, Cena Marino, Kathryn Henderson, and Laurel Busse who helped prepare sandwich boards. Special thanks to Judy Rieger from the Arcata Presbyterian Church's Earth Care Committee for being everywhere and everything at the same time.

*Sue Lee Mossman, co-chair*



*HUUF Engagement Coordinator Tiffany Hess (far right, top) celebrates Sun Day at Eureka's Carson Park on September 21 with RE students and parents*



Sunday, October 19, 12:30 p.m.

## **Cultivating Compassion group meets**

As we roll into October, R.E. would love to invite you to pause for a moment and consider the theme of “Cultivating Compassion” from a youthful perspective.

What does it mean to cultivate compassion within ourselves? In our work? In our communities and beyond?

These questions can help us expand our hearts and connect to ourselves, each other, and our most vulnerable community members.

Each week we will deepen our exploration and invite our youth to consider the many ways to practice our Unitarian Universalist Second Principle.

Session One: Compassion’s Call to Tiny Actions that Mean So Much

Session Two: Compassion’s Call to Treat Everyone With Dignity

Session Three: Compassion’s Call to

Move Outside Our Comfort Zone


Session Four: Compassion’s Call to Not Single Anyone Out.

Building on what we cover in RE classes, I’m thrilled to announce that our Religious Education Soul Matters get togethers will continue (with food)! The second of these monthly gatherings, titled “Cultivating Compassion,” will be held on Sunday, October 19, at 12:30 p.m. in the HUUF Sanctuary. In each session we’ll dive into the adult side of the topic we’re going over with children in the CARE building that week. We’ll have engaging activities and thought prompts. My hope is to bring families together, to share food, and build precious relationships with each other.

We will have a signup for bringing a food item, though this is not a requirement to participate. We hope to see you there!

If you would like to learn more or offer your skills or talents, please contact me at [connect@huuf.org](mailto:connect@huuf.org)

*Tiffany Hess, Engagement Coordinator*



## Guided Meditation

with Christine Fiorentino

**TAP INTO YOUR ESSENCE**

- Foster grounding & presence
- Deepen your self-awareness
- Regulate your nervous system
- Bring greater clarity and resilience into your daily life


Christine is a dance artist, yoga teacher, and healing arts practitioner dedicated to fostering resilience, authenticity, and inner growth. Drawing on decades of creative and spiritual practice, she guides others in discovering the wisdom of the body and the depth of their true nature.

**Spiritual Support for Living in this World.**

For more information, visit: [being-embodied.com](http://being-embodied.com)

**Date & Time:**  
Sundays, 7-8 pm  
at the Humboldt UU Fellowship Bayside

**\$10-\$15 suggested donation NOTAFLOF**  
(No one turned away for lack of funds)





**Humboldt Unitarian  
Universalist Fellowship**

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*Saturday, October 18, 1-5 p.m.*

## **Conscious parenting workshop focuses on parenting teens**

Come gain support in the areas of healthy conflict, navigating screentime, setting and honoring boundaries, and connect with a group of parents and peers dealing with similar challenges with teens.

Diana Mizer is a holistic life coach, doula, and educator with over 25 years of experience supporting conscious parenting through a deeply rooted, holistic approach. She helps parents connect with their authentic selves, navigate life transitions, and build strong, compassionate relationships with their children. Diana draws from a wide range of modalities—including positive discipline, simplicity parenting, attachment theory, and trauma-informed care—to empower families to create lasting change from the inside out.

Her work centers on the belief that conscious, intentional parenting is a powerful form of activism that can create a ripple effect in the world.

Diana brings years of teaching and facilitation experience to her workshops. In addition to the four-hour session, she will offer follow-up support for the group as a whole. Thanks to her generosity and the support of the Fellowship, we're able to offer this workshop—normally valued at over \$150—at a significantly reduced rate, on Saturday, October 18, 1:00-5:00 p.m. at HUUF.

Cost: \$60 per family (some partial scholarships available). See the HUUF website for more details, or contact Amy Day at [minister@huuf.org](mailto:minister@huuf.org) to ask about a partial scholarship, if needed.

***HUUF Newsletter, October 2025***